



Pounded Chicken with Sherry-Dijon Sauce

READY IN



30 min.

SERVINGS



2

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 tablespoons cooking sherry dry
- ☐ 1 eggs beaten
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.8 pound chicken breast halves boneless skinless
- ☐ 2 tablespoons water

- ☐ 0.5 cup bread crumbs whole wheat
- ☐ 1 teaspoon worcestershire sauce

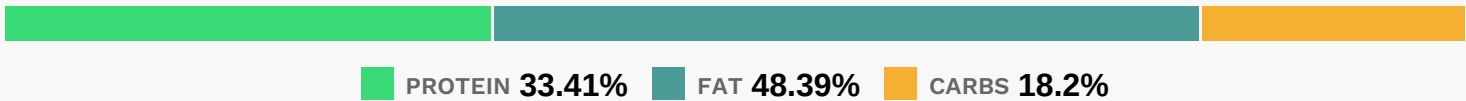
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 500 degrees F (260 degrees C). Grease a baking sheet with olive oil.
- ☐ Mix egg and water together in a wide bowl.
- ☐ Mix bread crumbs and Parmesan cheese together in a separate bowl.
- ☐ Melt butter with sherry, Worcestershire sauce, Dijon mustard, and garlic in a small saucepan over medium heat; cook until slightly thickened, about 5 minutes.
- ☐ Dip chicken breasts into the beaten egg to coat. Press the dipped breasts into bread crumbs and gently toss between your hands so any bread crumbs that haven't stuck can fall away. Arrange onto the prepared sheet.
- ☐ Drizzle sherry-Dijon sauce over the breaded chicken breasts.
- ☐ Bake on a rack in the top third of the preheated oven until no longer pink in the center and the juices run clear, 5 to 7 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:22.508260726929%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 545.25kcal (27.26%), Fat: 29.3g (45.07%), Saturated Fat: 11.76g (73.48%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 22.02g (8.01%), Sugar: 1.54g (1.71%), Cholesterol: 231.68mg (77.23%), Sodium: 736.21mg (32.01%), Alcohol: 2.32g (100%), Alcohol %: 1% (100%), Protein: 45.52g (91.03%), Selenium: 66.27µg (94.67%), Vitamin B3: 17.83mg (89.15%), Vitamin B6: 1.34mg (67.17%), Phosphorus: 491.72mg (49.17%), Vitamin B5: 2.84mg (28.36%), Potassium: 731.01mg (20.89%), Vitamin B2: 0.33mg (19.26%), Iron: 3.26mg (18.08%), Calcium: 142.58mg (14.26%), Magnesium: 55.1mg (13.77%), Vitamin E: 1.96mg (13.05%), Vitamin A: 631.14IU (12.62%), Zinc: 1.88mg (12.5%), Vitamin B12: 0.73µg (12.14%), Fiber: 2.77g (11.07%), Vitamin C: 8.07mg (9.78%), Vitamin B1: 0.13mg (8.59%), Vitamin K: 5.96µg (5.68%), Folate: 18.89µg (4.72%), Vitamin D: 0.67µg (4.48%), Manganese: 0.09mg (4.32%), Copper: 0.08mg (3.96%)